What is claimed is:

- 1. A metal vapor discharge lamp having an arc tube,
- 2 wherein
- 3 the arc tube includes a container made of translucent
- 4 ceramic, the container being divided into a main tube portion
- 5 and two narrow tube portions respectively extending out from
- 6 both ends of the main tube portion,
- 7 a discharge space is formed in the main tube portion with
- 8 a light emission metal being enclosed in the discharge space,
- 9 an electrode is deposited in each narrow tube portion,
- 10 a coil being wound around the electrode at an end thereof facing
- 11 the discharge space,
- 12 an electrode supporting member is inserted in each narrow
- 13 tube portion and connected to the other end of the electrode,
- 14 the arc tube is sealed by a sealing material that is inserted
- 15 into each space between each electrode supporting member and
- 16 each narrow tube portion, and
- 17 a length of each electrode is in a range of (0.041P + 0.5)
- 18 mm to (0.041P + 8.0) mm inclusive, wherein "P" represents a lamp
- 19 power in watts.
- 1 2. The metal vapor discharge lamp of Claim 1, wherein
- 2 a length of a portion of each electrode projecting from

- 3 each narrow tube portion into the discharge space is in a range
- 4 of 3.0 mm to 6.5 mm inclusive.
- 3. The metal vapor discharge lamp of Claim 1, wherein
- 2 each electrode has heat conductivity of no smaller than
- 3 130 W/m*K, and
- 4 each electrode supporting member has heat conductivity
- 5 of no larger than 100 W/m*K.
- 1 4. The metal vapor discharge lamp of Claim 1, wherein
- each electrode contains tungsten and/or molybdenum, and
- 3 each electrode supporting member contains cermet.
- 1 5. The metal vapor discharge lamp of Claim 1, wherein
- 2 a length of each narrow tube portion is in a range of (0.032P
- 3 + 3.5) mm to (0.032P + 8.0) mm inclusive, wherein "P" represents
- 4 a lamp power in watts.
- 1 6. The metal vapor discharge lamp of Claim 1, wherein
- 2 the sealing material is inserted into each narrow tube
- 3 portion from an outer end not facing the discharge space, and
- 4 a length of the sealing material in each narrow tube portion
- 5 is in a range of 3.7 mm to 5.5 mm inclusive.

- 7. The metal vapor discharge lamp of Claim 1, wherein
- the main tube portion and the narrow tube portions are
- 3 formed in one piece.
- 1 8. Ametal vapor discharge lamp having an arc tube, wherein
- the arc tube includes a container made of translucent
- 3 ceramic, the container being divided into a main tube portion
- 4 and two narrow tube portions respectively extending out from
- 5 both ends of the main tube portion,
- a discharge space is formed in the main tube portion with
- 7 a light emission metal being enclosed in the discharge space,
- 8 an electrode is deposited in each narrow tube portion,
- 9 a coil being wound around the electrode at an end thereof facing
- 10 the discharge space,
- 11 an electrode supporting member is inserted in each narrow
- 12 tube portion and connected to the other end of the electrode,
- 13 the arc tube is sealed by a sealing material that is inserted
- 14 into each space between each electrode supporting member and
- 15 each narrow tube portion,
- 16 a length of each electrode is in a range of (0.041P + 0.5)
- 17 mm to (0.041P + 8.0) mm inclusive, wherein "P" represents a lamp
- 18 power in watts, and
- the lamp power is in a range of 70 watts to 400 watts

- 20 inclusive.
- 9. Ametal vapor discharge lamp having an arc tube, wherein
- 2 the arc tube includes a container made of translucent
- 3 ceramic, the container being divided into a main tube portion
- 4 and two narrow tube portions respectively extending out from
- 5 both ends of the main tube portion,
- 6 a discharge space is formed in the main tube portion with
- 7 a light emission metal being enclosed in the discharge space,
- 8 an electrode is deposited in each narrow tube portion,
- 9 a coil being wound around the electrode at an end thereof facing
- 10 the discharge space,
- 11 an electrode supporting member is inserted in each narrow
- 12 tube portion and connected to the other end of the electrode,
- the arc tube is sealed by a sealing material that is inserted
- 14 into each space between each electrode supporting member and
- 15 each narrow tube portion, and
- a length of each narrow tube portion is in a range of (0.032P
- +3.5) mm to (0.032P + 8.0) mm inclusive, wherein "P" represents
- 18 a lamp power in watts.
- 1 10. A metal vapor discharge lamp having an arc tube,
- 2 wherein

- 3 the arc tube includes a container made of translucent
- 4 ceramic, the container being divided into a main tube portion
- 5 and two narrow tube portions respectively extending out from
- 6 both ends of the main tube portion,
- 7 a discharge space is formed in the main tube portion with
- 8 a light emission metal being enclosed in the discharge space,
- 9 an electrode is deposited in each narrow tube portion,
- 10 a coil being wound around the electrode at an end thereof facing
- 11 the discharge space,
- 12 an electrode supporting member is inserted in each narrow
- 13 tube portion and connected to the other end of the electrode,
- 14 the arc tube is sealed by a sealing material that is inserted
- 15 into each space between each electrode supporting member and
- 16 each narrow tube portion, and
- 17 a length of each narrow tube portion is in a range of (0.032P
- 18 + 3.5) mm to (0.032P + 6.0) mm inclusive, wherein "P" represents
- 19 a lamp power in watts.
 - 1 11. The metal vapor discharge lamp of Claim 10, wherein
- 2 the light emission metal enclosed in the main tube portion
- 3 contains cerium.
- 1 12. The metal vapor discharge lamp of Claim 9, wherein

- 2 the sealing material is inserted into each narrow tube portion
- 3 from an outer end not facing the discharge space, and a length
- 4 of the sealing material in each narrow tube portion is in a range
- 5 of 3.7 mm to 5.5 mm inclusive.
- 1 13. The metal vapor discharge lamp of Claim 9, wherein
- 2 a thickness of each narrow tube portion is no smaller than 1.15
- 3 times a thickness of the main tube portion.
- 1 14. The metal vapor discharge lamp of Claim 9, wherein
- 2 each electrode supporting member is made of cermet.
- 1 15. The metal vapor discharge lamp of Claim 9, wherein
- 2 the main tube portion and the narrow tube portions are
- 3 formed in one piece.
- 1 16. The metal vapor discharge lamp of Claim 9, wherein
- the lamp power is in a range of 70 watts to 360 watts
- 3 inclusive.
- 1 17. A lighting apparatus that includes a main body, a
- 2 metal vapor discharge lamp disposed in the main body, and a
- 3 lighting circuit apparatus connected to the metal vapor discharge

- 4 lamp, the metal vapor discharge lamp having an arc tube, wherein
- 5 the arc tube includes a container made of translucent
- 6 ceramic, the container being divided into a main tube portion
- 7 and two narrow tube portions respectively extending out from
- 8 both ends of the main tube portion,
- 9 a discharge space is formed in the main tube portion with
- 10 a light emission metal being enclosed in the discharge space,
- an electrode is deposited in each narrow tube portion,
- 12 a coil being wound around the electrode at an end thereof facing
- 13 the discharge space,
- 14 an electrode supporting member is inserted in each narrow
- 15 tube portion and connected to the other end of the electrode,
- the arc tube is sealed by a sealing material that is inserted
- 17 into each space between each electrode supporting member and
- 18 each narrow tube portion, and
- a length of each electrode is in a range of (0.041P + 0.5)
- 20 mm to (0.041P + 8.0) mm inclusive, wherein "P" represents a lamp
- 21 power in watts.
- 1 18. A lighting apparatus that includes a main body, a
- 2 metal vapor discharge lamp disposed in the main body, and a
- 3 lighting circuit apparatus connected to the metal vapor discharge
- 4 lamp, the metal vapor discharge lamp having an arc tube, wherein

- 5 the arc tube includes a container made of translucent
- 6 ceramic, the container being divided into a main tube portion
- 7 and two narrow tube portions respectively extending out from
- 8 both ends of the main tube portion,
- 9 a discharge space is formed in the main tube portion with
- 10 a light emission metal being enclosed in the discharge space,
- an electrode is deposited in each narrow tube portion,
- 12 a coil being wound around the electrode at an end thereof facing
- 13 the discharge space,
- 14 an electrode supporting member is inserted in each narrow
- 15 tube portion and connected to the other end of the electrode,
- the arc tube is sealed by a sealing material that is inserted
- 17 into each space between each electrode supporting member and
- 18 each narrow tube portion, and
- a length of each narrow tube portion is in a range of (0.032P
- 20 + 3.5) mm to (0.032P + 8.0) mm inclusive, wherein "P" represents
- 21 a lamp power in watts.